

KINDRED SPIRITS SOCIAL CLUB



October, 2015

The days are cooler and the leaves are turning. Fall has arrived. We have some wonderful fall activities planned. We'll be taking a trip to the Robinson Nature Center, singing with Two for the Show, and enjoying a fish fright lunch. So come out and join us at the Club.

Judy, Andrea & Bridget

News & Notes:

Happy Birthday to Tony and Carol.

Kindred Spirits is closed on Monday, October 12, in observance of Columbus Day and Friday, October 16, due to the 50+EXPO.

It is often cool in our rooms, so please dress appropriately and bring or wear a lightweight jacket or sweater.

If you can't attend for any reason, please leave a message at 410-313-5441 or email jumiller@howardcountymd.gov, or abryant@howardcountymd.gov

Resource Information

RTA Paratransit Services: 1-800-270-9553, Press 3 and follow prompts.

Maryland Access Point (MAP): Provides free information and assistance for older adults and persons with disabilities. Contact them at 410-313-5980 or 800-506-5806 for more information.

HOURS 9 AM - 1 PM

**Monday, Wednesday,
and Friday**

IMPORTANT NUMBERS

Judy Miller

(410) 313-5441

Chris at Front Desk

(410) 313-5440

Regional Transit Agency

1-800-270-9553

Maryland Access Point

(410) 313-5980

Alzheimer's Association

(410) 561-9099

Caregiver Corner

Don't Miss the 17th Annual 50+EXPO

- * **160+ Exhibitors**
- * **Free Flu Vaccines**

- * **All Day Entertainment**
- * **Health Screenings**

- * **Educational Seminars**
- * **Raffles/Prize Drawings**

Date: Friday, October 16, 2015


Time: 9 am to 4 pm.

Place: Wilde Lake High School, 5460 Trumpeter Rd., Columbia, MD

Cost: \$1 (All proceeds benefit the Vivian Reid Community Fund for Older Adults)

Important Parking Notice: Attendees must use the free courtesy shuttle at the Mall in Columbia (by Sears). Only accessible parking on-site (very limited).

October 2015

| Monday | Wednesday | Friday |
|--|---|---|
|  | | <p>2</p> <p>Field Trip Robinson Nature Center 6692 Cedar Lane Columbia, MD 21044</p> |
| <p>5</p> <p>Coffee & Conversation Exercise with Sara Debbie Sings Lunch</p> | <p>7</p> <p>Coffee & Conversation Qi Gong Library Series Lunch</p> | <p>9</p> <p>Coffee & Conversation Gentle Yoga Two for the Show Lunch</p> |
| <p>12</p> <p>Closed Columbus Day</p> | <p>14</p> <p>Coffee & Conversation Exercise with Susan OctoberFest Lunch</p> | <p>16</p> <p>Closed 50+ EXPO</p> |
| <p>19</p> <p>Coffee & Conversation Exercise with Sara Music with Tom Lunch</p> | <p>21</p> <p>Coffee & Conversation Exercise with Susan Civil War Series Lunch</p> | <p>23</p> <p>Coffee & Conversation Gentle Yoga Activity with Bridget OctoberFest Lunch</p> |
| <p>26</p> <p>Coffee & Conversation Exercise with Sara Music with Peter Lunch</p> | <p>28</p> <p>Coffee & Conversation Qi Gong Support Group Lunch</p> | <p>30</p> <p>Coffee & Conversation Gentle Yoga Halloween Movie Trivia Fish Fright Lunch</p> |

If you need this publication in an alternate format, call (410) 313-5442 or (5441). To request a sign language interpreter or other accommodations to attend an event, please call one week in advance.